

LOCAL RESOURCES

SUPPORT GROUPS

Carson City

2nd Tuesday, 1:30 pm
Sierra Place
1111 West College Pkwy
Carson City, NV 89703
Contact: (775) 841-4111

Elko

1st Wednesday, 10:00 am
Gold Dust West Elko
1660 Mountain City Hwy
Elko, NV 89801
Contact: Karla Walker, (775) 397-3562

Gardnerville

3rd Thursday, 1:00 pm
Douglas County Community and Senior Center
1329 Waterloo Ln
Gardnerville, NV 89410
Contact: Nicole Mueller, (775) 328-1715

Reno

3rd Thursday, 2:00 pm
Five Star Residences
3201 Plumas St
Reno, NV 89509
Contact: (775) 829-1050

Reno – Young Onset

3rd Friday, 11:00 am
Location changes every month based on agenda. Please call (775) 328-1715 for the next location.
Contact: Nicole Mueller, (775) 328-1715

Reno – Webinar Group

4th Tuesday, 11:00 am
Five Star Residences
3201 Plumas St
Reno, NV 89509
Contact: Nicole Mueller, (775) 328-1715

Spanish Springs

1st Wednesday, 10:00 am
Cascades of the Sierra
275 Neighborhood Way
Spanish Springs, NV 89441
Contact: Nicole Mueller, (775) 328-1715

South Reno

2nd Thursday, 10:00 am
Summit Estates Senior Living Center
222 East Patriot Blvd
Reno, NV 89511
Contact: Nicole Mueller, (775) 328-1715

West Reno

2nd Friday, 2:00 pm
Atria at Summit Ridge
4880 Summit Ridge Dr
Reno, NV 89523
Contact: Nicole Mueller, (775) 328-1715

WELLNESS CLASSES

Carson City

Rock Steady Boxing Level 1 Training

Mondays, Wednesdays & Fridays,
4:00 pm
Tazmanian Boxing Club
3737 N Carson St
Carson City, NV 89706
Contact: (775) 722-1752

Rock Steady Boxing Level 2 Training

Mondays, Wednesdays & Fridays,
3:00 pm
Tazmanian Boxing Club
3737 N Carson St
Carson City, NV 89706
Contact: (775) 722-1752

Reno

Boxing – Six week workshop

Registration required by Mar. 27th
Starting Apr. 1st - Mondays, 2:00 pm
St. Mary's Fitness Center
645 N Arlington Ave Ste 100
Reno, NV 89503
Contact: Cassandra Goodman,
(775) 770-7874

Chronic Disease Management Program

Dates vary
St. Mary's Fitness Center
645 N Arlington Ave Ste 100
Reno, NV 89503
Contact: Cassandra Goodman,
(775) 770-7874

Local Vocals

Wednesdays, 2:15 pm
Note-Able Music Therapy Services
925 Riverside Dr Ste 1
Reno, NV 89503
Contact: Dena Sweigart,
(775) 324-5521

Mizu Shin Tao

Tuesdays, 11:00 am & 5:30 pm
Thursdays, 11:00 am
Fridays, 6:30 pm
1531 Greg St
Sparks, NV 89431
Contact: (775) 358-8337 or
(775) 851-2544

Rock Steady Boxing Level 1 Training

Tuesdays & Thursdays, 4:30 pm
Academy of Grappling Arts AGA
1365 Airmotive Way
Reno, NV 89502
Contact: (775) 720-2122

Rock Steady Boxing Level 2 Training

Tuesdays & Thursdays, 3:30 pm
Academy of Grappling Arts AGA
1365 Airmotive Way
Reno, NV 89502
Contact: (775) 720-2122

Yoga

Thursdays, 9:00 am
6200 Meadowood Mall Cir #603
Reno, NV 89502
Contact: Jennifer Holt,
(714) 234-8006